HOW MINDFULNESS WORKS TO BREAK BAD HABITS

Habits are formed and strengthened as we journey through a continuous loop seeking to satisfy our urges.

MINDFUL AWARENESS

is a form of curiosity that can act like a wedge to break the habit loop at various points and open up the opportunity for fresh choices.



WHAT'S YOUR DRUG OF CHOICE?

Anything that brings pleasure and/or lessens pain can drive the habit loop.



Source: Judson Brewer, MD, PhD, author of The Craving Mind. Graphic by Heather Jones



passes.

GO EITHER WAY (excited, happy, buzzed) or... EFFECT We feel happy or hurt. We want the buzz to continue or ...unpleasant the hurt to go away. (bored. This leads to urge/ anxious. craving. stressed out) "I'VE GOTTA SHARE THIS! URGE We crave to do something to feel good or avoid pain. In the example here, we really want to share the Facebook post. MINDFUL AWARENESS >>> Notice urge and the **possibility** of not acting on it. 'I GOT LIKES!" RESULT CAN GO EITHER ACTION WAY We act on the urge: we share the post, and await the reward we'll get from sharing it.

REWARD/RESULT

EFFECT CAN

Pleasant